

## **SRA 394: Therapeutic Exercise and Fitness**

### **[Health, Exercise Sci & Recreation Mgmt](#)**

An overview of therapeutic exercise and fitness components for at-risk populations with an emphasis in preventive and corrective programming using therapeutic exercise techniques as well as therapeutic recreation processes and strategies.

3 Credits

#### **Cross-listed Courses**

- [ES 394: Therapeutic Exercise and Fitness](#)

#### **Instruction Type(s)**

- Lecture: Lecture for SRA 394
- Lecture: Web-based Lecture for SRA 394

#### **Subject Areas**

- [Parks, Recreation and Leisure Facilities Management](#)
- [Parks, Recreation, Leisure and Fitness Studies, Other](#)

